

NEWS RELEASE

January 7, 2019

For immediate release

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Don't let the weather keep you from being active

The holidays may be over but the winter weather outside may still be frightful! How can you put to practice those well-intentioned New Year's resolutions to walk? There are a couple of free options in Kimball at the Main Street Market and Kimball Health Services' North Campus.

Both locations in Kimball offer space to walk when it's windy, rainy, snow, icy, or you just plain don't want to walk outside! Cindy Rasmussen has been taking advantage of indoor walking at the hospital's North Campus.

"The hospital has signs posted if you make eight trips around, you get a little over one mile," said Rasmussen. "I walk there four times-a-week, two miles each time because it helps me control my weight and helps keep my cholesterol in check."

Indoor locations to walk in Kimball for no charge:

- **Kimball Main Street Market,** 815 East 3rd St, M-F: 6am-8pm, Sat/Sun: 6am-8pm
- **Kimball Health Services: North Campus,** 301 South Howard St, M-F: 8am-5pm

Kimball Main Street Market is another perfect location to walk. Twelve laps around will get you one mile. The journey to a happier and healthier "good life" begins with one step.

Walking is the single most powerful thing you can do for yourself. We make time for the things that matter most – our families, their future, and our to-do list. Walking is an easy way to make sure you are healthy enough to keep it all together. **And it's simple. Just Step and Repeat.**

The Kimball Active Living Advisory Committee is coordinated by Panhandle Public Health District and comprised of community, local business, school, county, and city representatives. They've been meeting monthly to implement strategies identified from a planning meeting last spring.

Be sure to join the Activate Kimball Facebook group and any interested community members are welcome to attend the next monthly meeting on **January 22** from **12:30-1:30 pm** at the **Kimball High School Library**.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.